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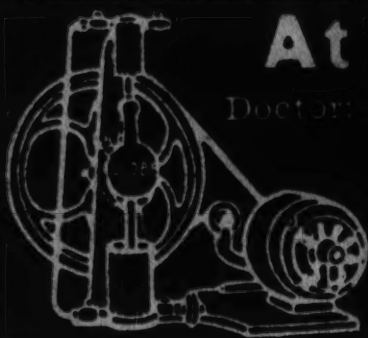
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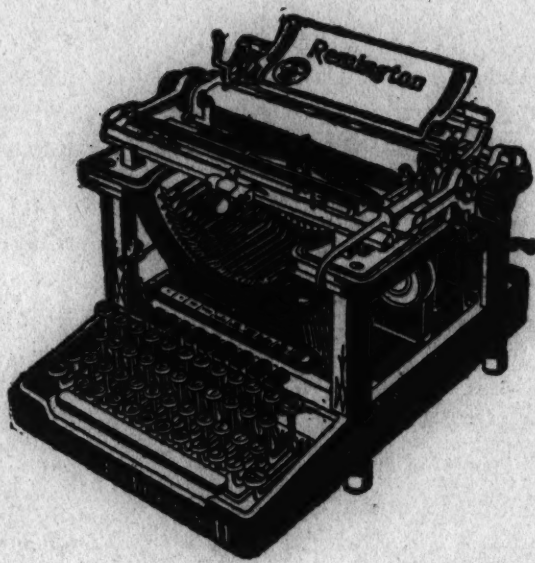


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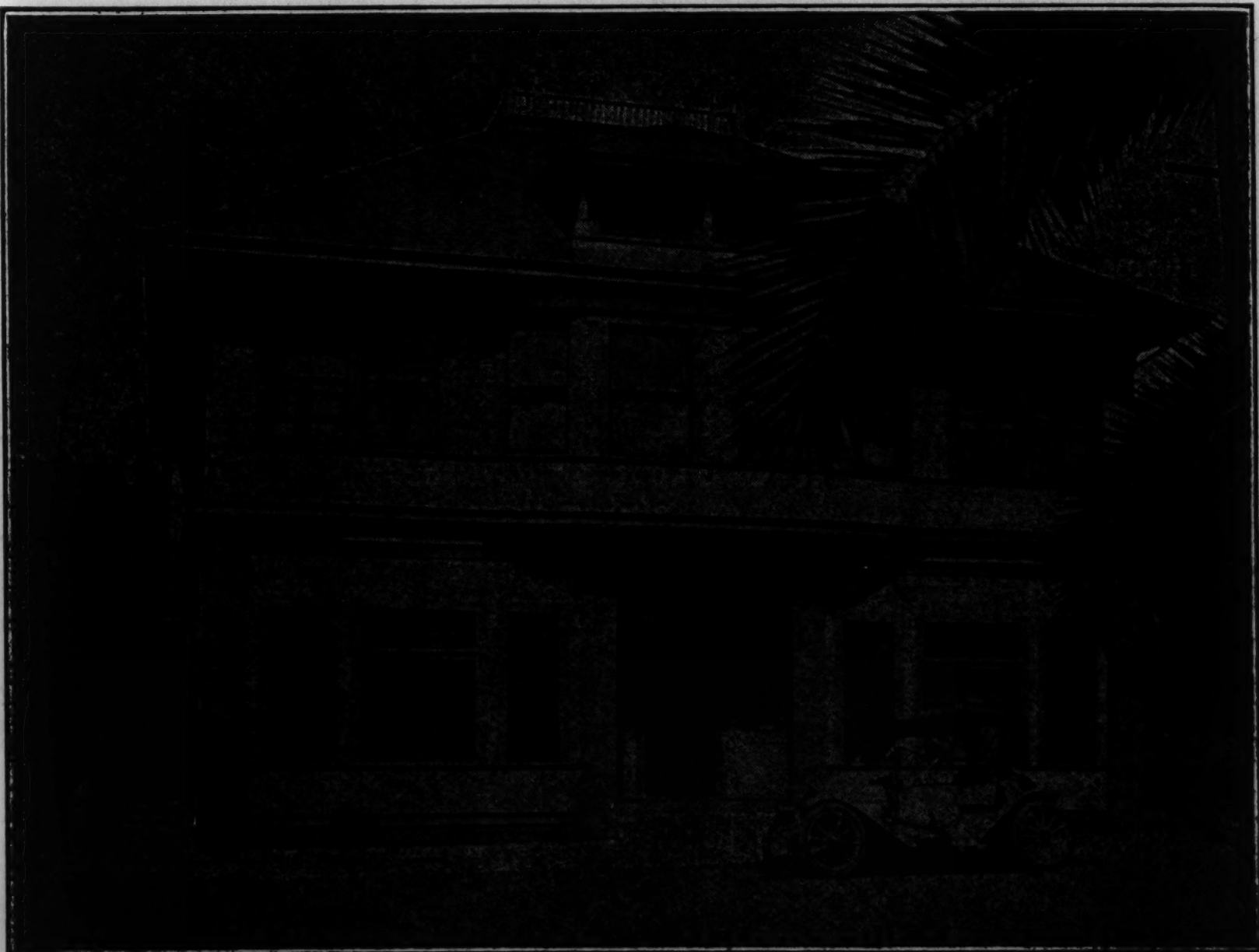
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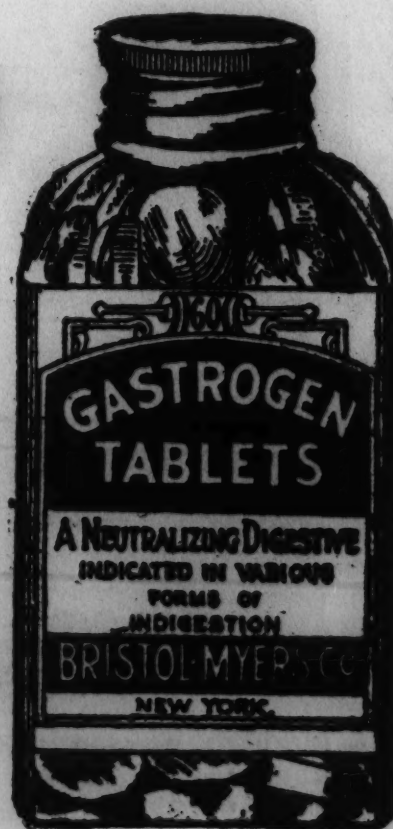
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The California Eclectic Medical Journal

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NOVEMBER, 1913

No. 11

Original Contributions

EUROPEAN TRAVEL SKETCHES.

By J. Fraser Barbrick, M. D., Los Angeles, California.

To the stay-at-home, as well as the traveler, the customs, manners and habits of the peoples of foreign countries are generally very interesting; so it has occurred to me to tell the Journal readers a few of the things noted during my year in Europe.

Some Peculiar European Customs: One of the first things noticed by the American arriving at a European port is the difference between the customs regulations of the foreign and his home port. The courteous foreign customs official asks if you have tobacco, cigars or cigarettes above a certain quantity which is allowed for your own use, spirits, perfumes, and in England, saccharin. On receiving the assurance that you have none of these dutiable articles, you are requested to identify your baggage, open one piece, to which a cursory glance is given, and in a few minutes you are sent on your way rejoicing. It took nearly three hours for us to pass "Customs" on our return home, not to speak of the anxiety and vexation of spirit previously endured from just contemplating the ordeal, and we had nothing dutiable at that.

Railroads: In traveling by rail, riding third class in the British Isles and second class on the continent, leaves a bitter taste until one finds that one travels as comfortably second and third class in Europe as one does first at home and that the first class abroad is reserved for "Aristocrats and Fools," the latter said to be mostly newly rich Americans.

Afternoon Tea: In the British Isles the comparatively general suspension of business in the middle of the afternoon for tea seems odd to the visitor from Yankeeland until he gets the habit, after which he looks forward to the afternoon beverage which "cheers but does not inebriate," with much the same feelings as King George himself. On the continent the Coffee House and Beer Garden take the place of the English Tea Rooms, and Uncle Sam's sons—and daughters

too—with that wonderful power of adaptability for which they are noted, soon find that “Ein Grosser Dunkel” (a large stein of dark beer) or “Ein Melange” (coffee with hot milk and whipped cream) cheers the cockles of the heart as well as the Britisher’s tea, and of course indulge accordingly.

Tips: Tip, tip everywhere and everybody on the continent, and don’t you fail to tip or—well, if you don’t, you get nothing, unless it be black looks, scorn, contempt and, occasionally, insults. Of course, as you don’t understand the latter unless you speak the language, you may feel serene and happy. But wait until you attempt to run the gauntlet of six or more deep on each side, without a pocket full of small change, when you are leaving your hotel and you will understand better than you ever did before that most concise of all epigrams, “Money Talks,” and also that it talks in all languages. Ah, yes, one’s departure from a European hotel is surely a “touching” scene. Even the chef, business manager, bookkeeper and chambermaid join with the proprietor, bell boy and boots, elevator, bath and door man, to speed the parting guest and all have their hands out, one to shake your hand and the other to grasp the tip. And in Vienna you even tip the street car conductors and pay to get out of and into your own house between certain hours. How’s that? And yet some ignoramus remarked that Yankees were shrewd in money matters.

The Women: The blue-eyed, rosy-cheeked Irish lass, with her charming brogue, is even more interesting on her native sod than as an immigrant; the bonnie “Hielan’ Lassie” in her plaid, silhouetted against the purple heather-covered hills of her beautiful Trossachs and Rob Roy country, is most picturesque; and the stately English lady, with her peaches and cream complexion, due to her outdoor life and the moist climate, is extremely fascinating despite her suffragette militancy. On the continent, the French woman is chic and vivacious, but it seemed to me it was her wonderful attention to detail in dress, her natural style and pert manner, rather than her beauty of face or form, that made her so attractive.

The German woman is buxom, rosy-cheeked and voluptuous, with a chest, back and hip development showing characteristic phylogenetic inheritances from maternal ancestors whose duties included any and all forms of manual labor considered permissible only for men in most English-speaking countries. For the women of the Netherlands, Germany and Austria—of the peasant and middle classes of course, but from which classes much of the aristocracy and wealth of today is descended—are the tillers of the soil, sweepers of the streets, mortar mixers, hod carriers, mason tenders and almost “beasts of burden,” for one often sees them on one side of the tongue

of their little wagons drawing heavy loads, with a dog on the other side as the team mate.

In Italy the women of Naples and Sicily attracted most attention, their native costumes, only slightly changed from those of their ancestors of the great Roman Empire of over one thousand years ago, giving an historic interest and lending an air of mediaevalism which seems to add the charm of romance to their many other attractions.

Ruins: The matter of fact American wonders at first at the many and massive ruins of abbeys, castles and palaces he finds on all sides and is supposed to visit and inspect en route. But after a while, when he counts the cost in entrance fees and tips and figures the revenue derived therefrom, his wonder ceases and his enthusiasm abates somewhat. Yet these ruined structures are always interesting because of the history in which each is steeped, the mystery which surrounds some of them, and the tragedies that have occurred in many of them. Also most of them are in picturesque locations, some of the castles, for instance, commanding magnificent views, and a beauty attaches to all of them either in their architecture, the art that decorates them, or the sculpture they contain. One could no more describe the ruins of ancient Rome than one could one's sensations and feelings while visiting the Coliseum, the Roman Forum with its triumphal arches, Caesar's Palace, and the Baths of Caracalla. Such things must be seen and studied to be understood and appreciated.

Art Galleries and Cathedrals: Galleries to the right of you, Galleries to the left of you, Galleries in front of you, all bid you welcome—generally for 25 cents per welcome, and they are worth it. Or if it isn't a Gallery, it is a Cathedral. It is a poor city in Europe that has not an Art Gallery or Cathedral containing, and noted for, its works of art. If there are such places, one never hears of or stops at them.

Of the Galleries the most noted visited were the Louvre and the Luxembourg in Paris; the Pitti and Uffizi in Florence, and those of the Vatican in Rome. Of the Cathedrals, Westminster Abbey, London, with its buried royalty, its Poet's Corner, its wealth of history; the Madeleine, most beautiful of Parisian moderns, and Notre Dame, also of Paris and immortalized by Hugo; the Cathedral at Cologne, where one is shown a collection of jewels and precious stones said to be worth three millions of our dollars and vying in comparison with those of the Vatican; St. Stephen's in Vienna, over the site of which Attila's Huns and Caesar's legions rode and around whose walls the Austrians fought the great Napoleon's hosts and fell in defeat; the Cathedral of Milan, with its pinnacles and statues, over two thousand in all; St. Mark's in Venice, a mix-

ture of Byzantine and Gothic architecture, decorated inside and out with over an acre of the richest of mosaics; and last and greatest of all, St. Peter's at Rome, the nucleus of which was a Basilica erected by Constantine the Great on the site of the martyred Christians and the Circus of Nero, more than sixteen hundred years ago. The present St. Peter's, the largest and most magnificent of all churches, has been in the process of building more or less constantly for over four hundred years and probably in additions, changes, extensions and decorations, will continue building for all time or at least as long as Catholicism exists. It is said the cost of this wonderful edifice to date equals one hundred twenty-five millions of dollars. It surely should be imposing and it certainly is.

Historical and Anecdotal: Europe, to an American, is a combination of "little countries with great peoples." When one considers that the British Isles, in area about equal to our New England States with New York State added, contain between 40 and 45 millions of people; that the great German Empire is somewhat less in size than our single State of Texas, but has a population of 65 millions; that historic and republican France, with its 45 million inhabitants, could be fitted into our own California and Nevada and we would still have all of Southern California south of a line drawn from Needles to Santa Barbara and a few orange groves left; and that the Dual-Monarchy of Austria-Hungary only slightly exceeds in acreage that of our Central States of Ohio, Indiana, Illinois, Wisconsin and Michigan combined, yet is made up of 13 principalities, each a separate and distinct nationality, speaking as many different and individual tongues; and when one remembers further that these nations are as much neighbors and in almost as close social and commercial relationship to each other as are our states, the point of the following will be better understood:

The continental European is a born linguist; he has to be, so to speak. The higher classes speak from one to seven languages besides their own and even many of the peasant class are able to converse in more than one tongue. Yet in some things the European is very provincial. With many of them New York and America are synonymous. An Englishman of some education and means, with whom I became fairly well acquainted, asked for my home address with the explanatory remark that he was planning a visit to New York and while there would like to run over and see me some evening and renew old acquaintances. I gave my address and shall be pleased to see the gentleman any evening he runs over from New York.

Another incident: At our Pension in Vienna (Pension,

by the way, is polite and European for boarding house), I met a young lawyer and wife, with whom my daughter and I formed a pleasant and fairly intimate acquaintance. One day, during a conversation about our country, they inquired how far we lived from New York. I replied that it would take us six days of steady railroading at an average rate of 30 miles an hour to go from New York to Los Angeles. To my surprise, the attitude of the couple immediately changed and for a week they either avoided us altogether, met our advances with severe coldness or addressed us only when it was unavoidable and then in the most formal and perfunctory manner. On asking the landlady later if I had in any way offended or what was the trouble, I was informed that they all thought we took them for fools and were making fun of them when we described so exaggeratingly the size and extent of the United States.

Suffice it to say, thereafter we either very materially contracted our country or avoided definite answers to such queries, and the next time I go to Europe, I shall take a well proportioned and scaled map of the world with me and let them figure such things out for themselves.

However, this is no worse than the American in Rome who wanted to know if Napoleon was still Pope; or the female Cook's tourist from Maine, who supposed Mr. Cook dug Pompeii that far from Naples just so he could get the extra carfare from the folks who wanted to visit it. Selah!

A MEDICAL ALLEGORY.

By Judson Liftchild, M. D., Ukiah, Cal.

Read before the California Eclectic Medical Society.

And it came to pass, in those days, that there dwelt in the land a man of science whose name was Noahallopath. Now he was full of wisdom and gathered to himself many shekels in healing the divers diseases with which mankind was afflicted. For many years, he had puked and purged and bled the sons of men and had a monopoly of the pill business. Now Noahallopath had three sons, which he had begotten, Japhlectic, Hamopath and Shemosteopath, who looked with envy upon Noahallopath and coveted his swell offices and his automobile and the ease with which he took money away from the laity, so they took to themselves offices and automobiles and began to write prescriptions and death certificates. Now Noahallopath was sore displeased with his sons and sought to dissuade them from taking his business and reasoned with them in

private and emitted grievous yells in public, but without avail. "Why," said Japhlectic, "should I not practice the art of healing as well as thou? Because thou hast discovered the secret of the transmutation of metals and converteth mercury into gold, have I no right to do a little converting myself? Have I not waxed in wisdom and do I not heal the sick with ten drops of Specifics in four ounces of water and do I not kill even less patients than thou?"

"Verily," saith Hamopath, "thou speakest truth. With my attenuations I can skin the old man a block and though I have slain my thousands old Noahallopath hath slain his tens of thousands, so by mathematical calculations I am more skillful than he. All that I require is a barrel of alcohol and a few pounds of sugar of milk and I am equipped for business a whole year, for great is similia similibus curantur."

"Thou knoweth of what thou speakest," quoth Shemosteopath. "The old man is a back number and few of his patients die a natural death. There is no longer need of a man making an apothecary shop out of his stomach. I twist his spine into shape, use the strangle hold and give him a few upper cuts and a right swing or two and lo! he is well. It is true that I sometimes dislocate a limb or stick a finger into his sweet bread but in finally making him well I have the greater glory."

Now Noahallopath was greatly worried and sore distressed, as his three sons began to make a hole in his bank account and furthermore, made him get up to date in the healing business. He wailed and rent his clothes but could get no laws upon the statute books that would prevent Japhlectic, Hamopath, and Shemosteopath from answering the telephone calls of their patients. But further troubles descended upon his head and removed the few remaining hairs that had adorned his cranium, for all manners of healers began to spring up and soon he began to find his office deserted by the fickle public, who began to follow after the strange gods of medicine. There were chiropraths, vitapaths, electropaths, hydropaths, magnetic healers, absent healers, faith curists, mind curists, voodoo healers and pathies galore. But the chiefest sinners were the Christian Scientists, who believed in neither science nor Christ but directed their followers to emulate the ostrich when he sticketh his head in the sand. So the shekels that were wont to pass into the jeans of Noahallopath jingled in the pockets of the healers.

Now the legislature loved Noahallopath with a great and exceeding love and seeing that the world was full of healers, who were desperately wicked, as they doctored the public with-

out first obtaining a sheepskin from Noahallopath, they decreed that there should be a flood of legislation which should destroy the wicked healers from off the earth and give Noahallopath a monopoly of the doctor shops, such as he had held of yore. And he, being on the inside and spending his days lobbying at the legislature, was given a tip to build an ark so as to escape the deluge of legislation which was to be turned loose upon the wicked healers.

Now the old man was, despite his years, exceedingly husky and full of ginger, but he needed his sons to help him put one over on the healers, so he called them in consultation and verily humbled himself before them. "Why," said he, "should we not bury the hatchet and make up? Lo these many years have we ripped each other up the back and spitefully used each other and it hath resulted in nothing but to supply the funny men, employed by the comic papers, with hand-made humor. Although you do not know the true principles of the healing art, 'vis conservatrix naturae' getteth in its work despite your unscientific methods and the public is not decimated to a much greater extent than when I was the whole works. But the land is afflicted with a locust plague of quacks who are rapidly weaning the ignorant populace from the old idea that it is necessary to look upon the brazen serpent of drugs before they can recover when stricken with disease. What is the matter with us forming a trust and freezing out these competitors who are veritable hook-worms to the medical profession? We can then form a holding company and can remove the appendices of the canaille at our leisure." Now Japhlectic had had his eye teeth cut upon the teething ring of experience and was wary of gifts coming from the Greeks and so he delivered himself as follows: "Verily thou speakest honied words, but it looketh to me like counterfeit money. I fear me, that in this holding company we will have the job of holding the sack. I will consider the proposition a little." But Hamopath, who had been gradually contracting the decimal point in his triturations and dilutions until it had practically disappeared and had begun to surreptitiously follow after the gods of the Allopathic pharmaceutical manufacturers, let himself be bunkoed into listening to the words of guile. "Let us harken," said he, "to the words of our father, Noahallopath and see on what terms we are to be admitted to the ground floor." Shemosteopath also, being young in years and having in turn been derided by both Noahallopath and his brethren, fell for the idea of being regularized. "Have I not," said he, "like the Republic of China, long clamored for recognition? Should I, now that Noahallopath is willing to let me ride in the steam roller, instead of flattening me out with it as he has

done in the past, refuse to enter his Balkan League? It seemeth therefore good to me and it were wise that we listen to his words of reason. I have so long been called a quack that it tickleth me mightily to be able to cast the opprobrious epithet in the molars of some one else." So they wrestled in argument with Japhlectic and showed him the land of promise, wherein all should be classed as "regular" and Japhlectic humbled himself, and forgetting the stones which Noahallopath had so often handed to him in the past for bread, permitted himself to be gold-bricked once more.

So Noahallopath unfolded to them his plan of building the ark, which was to bear the name of "A. M. A." (which signifyeth "all made Allopaths"), into which they should enter and escape the flood of legislation which was to be sent upon the wicked healers who were not regularized. So Noahallopath and his three sons set them to work to build the ark and after many days it was completed and the name A. M. A. painted upon the stern thereof. Then they took into the ark all the living things and many of the dead things in their pharmacopeas. Two by two did they enter the ark: Mercury and quinine, salts and senna, antimony and opium; Podophyllum and Neutralizing Cordial, Lloyd's Specifics and Merrill's Normal Tinctures, specific diagnosis and specific medication; Triturations and dilutions, high attenuations and low attenuations, sugar of milk and alcohol and divers others whose names are written in the dispensatories. And last of all came skeletal adjustment, who flocked by himself as he would have nothing to do with the others.

And after they had all entered the ark the door was shut upon the quacks who made merry over the A. M. A. and its passengers. For the sucker crow was abundant and they had no thought of the flood which old Noahallopath had prophesied would overwhelm them. But the deluge of legislation burst upon them nevertheless, and overwhelmed those who were not regular and the prayers of the Eddyites availed them not, for they were utterly wicked because they did not have a sheepskin nor give drugs but talked people out of the idea that they were sick. And after the waters had risen and drowned all the unrighteous healers, old, foxy Noahallopath sneaked down into the hold of the ark with an augur and bored the bottom full of holes, while his sons were admiring their nice new certificates of membership in the A. M. A. And then he flew off in a hydroplane and landed on Mount Ararat, leaving the old A. M. A. to sink, which it did with neatness and dispatch and Japhlectic, Hamopath and Shemosteopath went to the bottom and joined the unrighteous healers and were seen no more of men.

THE PENALTY OF OLD AGE.

By J. A. Munk, M. D., Los Angeles, Cal.

Read before the California Eclectic Medical Society.

To the large majority of people life is such a commonplace matter of fact affair, that they give it but scant consideration. However, the human body is a wonderful piece of mechanism and deserves serious study. There are many things about it that we do not yet understand or, indeed, will ever be able to know.

The diversity which is found in nature is something startling and among the teeming millions of people upon the earth, there are no two persons that look exactly alike. This difference is not stationary, as changes are continually taking place within the body during every moment of life. There can be no halting or turning back, however much we may want to stop, until we are all finally swept, by the ruthless hand of time, into the great unknown beyond.

We are told that the measure of man's life is "three score years and ten," but this estimate is rather under than over the fact. According to a natural law it is possible for an animal to live five times as long as is required to reach maturity. As man does not reach his full stature until he is twenty years old he possesses the inherent ability to live one hundred years. That but few persons reach this advanced age is no fault of nature, but is the result of broken laws that pertain to right living. It is even possible for man to live longer than a century but only a very few persons succeed in doing so.

Methuselah is reputed to have lived nearly 1000 years, but according to nature that is impossible and evidently the statement is a mistake. However, if such a circumstance had been reported from California, where the climate is so wholesome and delightful, the occurrence would not have seemed so strange. It is the common belief and, indeed, has been the experience of many that from ten to twenty years are added to the life of the average person who spends his time in this favored land. There are perhaps more old people living in Los Angeles, in proportion to the population, than in any other city in the world. They come here from everywhere to spend their declining years in peace and comfort, as well as to add a few more years to life. There may be no actual statistics to prove this statement, yet such is undoubtedly the fact. The record of deaths as reported in the daily papers of Los Angeles shows that a majority of those who die here are past fifty years of age and there are some who even pass

the century mark. Seldom does the death of a child occur and those who die in middle life are likewise few in number. Naturally the young may die and the old must, by an immutable fiat of nature, but as a rule death from disease is not apt to happen here in a hurry.

The prospect of life in each individual case is according to the endowment of vital force that is inherited at birth—call this power the tenacity to live, resistance to death or whatever else you please, but it is an important factor in the problem of life. This difference in patients is frequently observed and is cause for astonishment, as those who are given up to die often recover and others who are expected to live die suddenly from no apparent cause. There are those who are to all appearance vigorous and strong that die from a scratch, while others who are weak and seemingly too feeble to endure long, live on and reach a ripe old age.

This quality of endurance seems to “run in the blood,” all the members of one family being near centenarians, while the members of some other family have but a feeble hold on life and die young. Sickness sometimes also appears to run in cycles. While there are those who live a long life of perfect health many others have the opposite experience and cannot say that they are ever well. Again, there are those who do not belong to either class, who enjoy an average degree of health and strength but are subject to severe spells of sickness. Every such attack is a real crisis whether it occurs once or more in a lifetime. It has this advantage, if it does not prove fatal, that the body is thoroughly renovated and rejuvenated by the process and the tissues built up new from the bone. Such a person may not have his youth restored as to years, but has his body renewed and acquires a new lease of life which is good for many years, or until the cycle period returns—unless death should come in the meantime by violence.

A “fountain of youth,” where a person may drink and remain forever young, is impossible. There is likewise no “elixir of life,” although both have been diligently sought during all time and in every age. There is an inborn desire to live which makes man seek to avoid death; yet occasionally the burden of life becomes too heavy to be borne and is deliberately shuffled off by an act of suicide. In the very nature of things there can be no perpetual youth, as everything living was born to grow old and die and death must have its toll.

Many means have been tried to prolong life indefinitely but always without success. The latest remedy proposed as a cure for senility was discovered and introduced by Brown-Sequard a score of years ago. It consisted of a testicular

juice which was injected hypodermically into the system. Like its later substitutes it not only failed to cure but in some cases caused serious and even fatal results. This was the beginning of serum therapy, which has been adopted as a fad by the allopaths; but the theory is yet only in its experimental stage and far from being proven or established.

It is both interesting and perplexing to watch the changes that occur in an individual during a long lifetime. The little child is always attractive and "just too sweet for anything," but old age develops acidosis and the secretions become sour and stale. The sweetness and freshness of youth vanish rapidly with the passing years and old age brings white hair, impaired vision and hearing, blotched, wrinkled and pallid skin, bent form and tottering steps. The lineaments of youth are all lost in old age, so that it is impossible to recognize the child and centenarian as the same person. The boy is eager to become a man and spends much of his time building air castles for the future; while the old man wishes he were a boy again and grows reminiscent of the past and talks about what has been.

With all this outward transformation in appearance, other equally great and important changes are taking place within the body. Metabolism becomes disturbed, cell activity is retarded and the vital organs deteriorate and fail. The repair work of the body is imperfectly done and that mysterious and fatal disease of old age called arterio-sclerosis makes its appearance. The walls of the arteries become hard and brittle and under undue pressure of the blood from excitement or overwork are liable to suddenly rupture and cause apoplexy, paralysis and death. A man can no longer be said to be as old as he feels, but is only as old as are his arteries. An old man is very much like an old wagon. If he goes slow and takes life easy, he may run on comfortably and carry a light load for many years; but if he forgets himself and makes a misstep or overdoes, he suddenly breaks down beyond repair and dies.

"I am grown old, and this is how I know:
Not by the stiffening joints or hair of snow,
(These have been gifts that time has long bestowed)
But by my yearning for a snug abode,
A clean white cottage where the roses grow.

"Once when the road call came I leaped to go,
But now I linger by the hearth aglow.
The weight of years is my too-heavy load—
I am grown old.

"There is no summons in the winds that blow,
There is no challenge in the seas that flow,
There is no magic in the rover's code,
I am aweary of the open road.
Bitter it is to learn, but it is so—
I am grown old."

WARNING AGAINST NON-SCIENTIFIC DIET SYSTEMS.

U. S. Department of Agriculture Issues Statement About Many Systems of Diet Being Recommended for Commercial Profit.

Washington, D. C.

The U. S. Department of Agriculture has recently had called to its attention, by letters from people all over the country, serious misstatements as to the effects of foods or certain diets recommended by self-styled "experts in dietetics." As a result of these letters, the Department specialists have secured the literature and recommendations of a number of these people and have made a careful study of the things they recommend as diets.

The specialists of the Department have issued the following statement covering this matter:

"In view of the wide spread of literature and advice of so-called 'diet experts,' it seems desirable to warn people against adopting the dietary recommendations of those without real scientific standing in the community. Some of the advocates of freak diets are sincere, but are themselves deluded; while others are fakirs, who seek to make monetary gain by advising peculiar systems of diet. Neither class can offer trustworthy advice. In most of the recommendations of these self-established 'experts' there is hardly a shadow of reason, though they may seem plausible. One of their methods of reasoning is to use isolated and often unrelated facts of science as evidence that their peculiar system is of value. That is, they generally start out with a certain idea, and then strive to prove that they are right by seeking data which seem to establish their theory; but they completely ignore statements in current and historical scientific literature which would negative their contentions. In other words, they completely overlook or do not see the importance of discoveries by scientists which go counter to what they want to believe. It would be easy, following this same system of taking isolated facts away from their context, to produce just as much of the same kind of evidence that these 'food experts' are wrong as they adduce to prove that they are right. In neither case, however, would the method lead to real scientific conclusions.

"As an example of their methods of reasoning can be cited their use of the fact that someone tried to raise rabbits wholly on cooked food. The rabbits did not thrive on such a ration, nor could it be expected that they would on a diet purely artificial to such animals. From this the 'pseudo' expert draws the deduction that because the rabbits could not live wholly on cooked food, human beings should confine themselves to raw food. No such deduction is warranted. Raw food is natural to rabbits, and this is perhaps a fortunate provision of nature, because the average rabbit would probably have a good deal of trouble lighting a fire or a gas stove to cook food; but it does not follow that man, who has proved cooked food wholesome by uncounted centuries of use, should give it up because of someone's theory.

Raw Food.

Many of these so-called diet systems lay great emphasis on raw foods. Now, there is no objection to anyone's eating raw food if he likes it, or finds after experiment that it agrees with him, provided it is of good quality, free from contamination, and wholesome. The truth of the matter is, however, that man's chances of health are best when he eats with moderation a diet made up of clean, wholesome, ordinary foods, well prepared in the usual ways. Such a diet will include some articles to be cooked and others to be eaten raw, such as bread, cereals, fruits, vegetables, meat, fish, milk, butter, cheese, eggs, etc. These articles should be of good quality, free from dirt (visible and invisible) and adulteration, and well prepared.

"As a general proposition, raw food is not cleaner than cooked foods. Proper cooking sterilizes foods, and so renders innocuous pathogenic bacteria and other organisms possibly harmful. Raw foods have to be very carefully washed and cleaned before eating, and as a general rule simple washing, while it will get rid of most of the dirt, will not remove all the bacteria, insect eggs, spores of fungi, etc., that may adhere to them. If the systems of pseudo-reasoning followed by some of these diet experts were logical, it would be possible to draw the conclusion that no one should eat lettuce or other salads, or raw vegetables and fruits. This would not be warranted by true science.

"In some of the literature circulated by the advocates of raw food, their correspondents are urged not to eat animal foods because they say meat is filled with bacteria. This is not true. The surface of meat is not sterile, but the interior is, except in rare cases. We do not eat raw meat, except dried beef, or something similar, but cause it to be cooked,

and this sterilizes it. In most cases where people have suffered, or think that they suffer, from eating meat or any other normal article of diet, the trouble lies not with the actual article but either in the imagination of the consumer or in the fact that the food has not been kept clean, or properly prepared and properly handled after it is cooked.

The Fallacy of the Enzyms and Particular Chemical Substances.

"Several of these food experts base their argument for a raw food or other specialized diet on the theory that raw food supplies the body with the necessary enzyms; or that a certain food, such as whole wheat bread, supplies lime or some other special substance. If the American people lived wholly on cooked food and ate no fruit or drank no raw milk, it might be necessary to advise them to eat some foods raw, for when clean and of good quality, such things are wholesome. The body, however, normally supplies all the ferments (enzyms) it requires, and the average mixed diets of Americans give them all the raw food that they require. Similarly, if the American people ate nothing but wheat, it might be necessary to advise them to eat whole wheat rather than fine wheat flour in order to get some of the substances excluded from the flour by bolting. Recent investigations indicate that there is a valuable substance in bran, which is lacking in the interior of the wheat kernel. This substance, called by some Vitamin, is, however, present in many other foods, and there is every reason to believe that an ordinary mixed diet supplies all of such material which the body needs. Whole wheat bread is wholesome and palatable and affords an easy way of securing variety in the diet, which is desirable as well as pleasing. The average American who usually gets plenty of the food constituents he needs in his other articles of diet, need not feel compelled to eat whole wheat bread exclusively, simply to supply one peculiar element.

"In the case of the people who decry polished rice, most of them base their assumption that Americans ought not to eat it, on investigations made in oriental countries where rice forms one of the chief staples of a very limited diet, and practically the only starchy food. People who live mainly on rice might be expected to need certain elements that are in the part of the rice that is polished off. Americans do not live on a diet limited to rice; there is, therefore, no logical reason why they should not eat polished rice if they like it; or should not use the unpolished rice if they prefer it. Both are wholesome and valuable.

The Human Race Has Survived.

"If the deductions of many food faddists accepted as facts were really operative, it would be difficult to explain how the

human race had survived. The race should have expired very soon after man had progressed enough in intelligence to begin to exercise any choice in his diet and to cook his food. The contrary holds true, as civilization had advanced from the time when man began to cook and otherwise prepare his food.

The Danger of Curative Treatment By Mail.

"Many of the people who offer dietetic advice for sale undertake to recommend a diet that will cure diseases without ever seeing the patient. The average man talking about his own illnesses frequently imagines symptoms, or describes them so inaccurately that they are not absolute guides to the physician. In many cases, incipient serious ailments or local troubles which give no indication of their presence by pain or discomfort, are discovered by the physician in his laboratory, and relief can be given them which could not be promised later. Very few people indeed would be able to describe their symptoms in words so accurately that the conscientious physician would feel safe in making a positive diagnosis or laying down a method of treatment. Many of these sellers of food information, however, undertake to diagnose trouble and advise a complete remedy purely on the patient's own description of what he believes is a serious condition.

Any Change Sometimes Seems Beneficial.

"In many cases, people on beginning a radically new diet, whether it has direct curative value or not, gain or think they gain a benefit. Any marked change in diet or cooking would produce the same effect, because change itself is often a benefit. The man or woman undertakes the new diet feeling convinced that it will help some real or fancied ailment, and expects results so strongly that imagination supplies them. Some of the cases so benefited are simply transient forms of digestive disturbances. Most of these feelings of discomfort quickly pass by themselves, if we do not dwell upon them and worry about them, but if the person tries a new diet, he is very apt to attribute all improvement to that diet, whether it has any direct bearing on the case or not. In cases of serious digestive disturbances, sufferers should consult a physician of known ability and known standing in their community. To submit such cases for treatment by mail is as foolish as it would be for a man having a complicated and highly specialized business trouble to ask some one who had never seen his factory, and knew nothing about the business except the data he could supply in answer to a set of questions, to supply him with a positive remedy at long-distance.

"Much of the advice on diet which has passed from individual to individual, and much of the supposed scientific ad-

vice now being sold for a price by some of the food advisers, is really little more than folk lore. A great many of the statements which are used as arguments by the experts for their diets have been traced by the government specialists, and found to come from works on diet written so long ago as to be no longer considered of value except to the student of the history of dietetics, or else they have been separated from qualifying statements which would make the interpretation given them by the commercial users wholly unwarranted.

Stop Worrying About Your Body.

"These circulars of misinformation about diet find their prey principally among people who are always fancying that they have some complaint. If people remain in good physical condition year after year, and observe no marked change in weight, seem in good health and spirits, and are eating any simple and normal mixed diet, they have no need to worry about their food.

"People can expect to be lighter in weight in summer than in winter. As a person grows older he should begin to cut down the amount he eats, and depend on a less complex and simpler diet. It is often said that when a person passes forty, he begins to need a different diet. The reason given is that he does not exercise so energetically as he did, and consequently does not need the same amount and kind of food that was required to keep up his energy for more active physical work.

"If you like raw food better than anything else, eat it. If you like bread and milk twice a day, eat it. The main thing, as one grows older, is to eat in moderation and then, as always, to see that what you eat is clean and that the cooked food you eat is originally in good condition and that it is well cooked. If you eat raw vegetables and fruits and raw milk, take precautions to see that they are clean before they enter your system. If something really disagrees with you, and the fault lies actually with the article rather than with the method by which it has been kept or cooked, stop eating that kind of food. If you experience serious discomfort, which persists, consult the best physician you can discover.

"As a general proposition, be wary of people who offer to give you advice or to cure you without ever seeing you. Finally, bear in mind that each human body has individual characteristics, and that a diet which admirably suits one man who lives in a certain location and does a certain kind of work may not be adapted to another individual living in a different climate and doing a different kind of work.

"No advice is better than the old, 'Moderation in all things.'"

INHALATION TREATMENT

J. A. Burnett, M. D., Hartshorne, Okla.

It is a well known fact that inhalation treatment does not receive the attention that it deserves. At the present time there is not a single text book in print on inhalations and all the information on the subject must be picked up from various works. Cohen's System of Physiologic Therapeutics contains one volume entitled "Pneumotherapy and Inhalation Methods," by Dr. P. Tessier of Paris. Price \$3.00.

A few years ago the late Dr. J. M. Scudder of Cincinnati, Ohio, had a small work on "Inhalations." It has been out of print for some time. The late Dr. True invented an inhaler which is sold by Lloyd Bros. of Cincinnati, Ohio. It is known as the True Inhaler. Dr. True experimented with several formulas for the ordinary respiratory diseases. His last one was

R Oil pine needles
Guaiacol aa 3 ii
Camphor gum 3 iv
Menthol 3 vi
Oil eucalyptus 3 i

M. Sig. Use in the True Inhaler in either mouth or nose. Formalin used as an inhalant is said to be very useful in the treatment of pneumonia. According to Dr. H. C. Howard the inhalant is prepared as follows:

R Alcohol 3 j ss
Formalin 3 iii
Chloroform 3 ii
Oil of rose geranium gtt. xx

M. It should be used from a large-mouthed vial held near the mouth of the patient. In acute coryza Dr. Beverly Robinson uses the following:

R Carbolic acid
Creosote aa 3 i
Tinct. iodine 3 iv
Alcohol 3 j

M. Sig. For inhalation. The following has been highly recommended for dry, harassing cough:

R Phenol 3 ss
Oil eucalyptus 3 ii
Creosote 3 ii

M. Sig. Put half a teaspoonful in an old dish with a pint of water and boil. Let the patient inhale the steam.

The late Dr. W. H. Cook was a noted physio-medical physician, author, teacher and editor. His favorite inhalant in

respiratory troubles as diphtheria, ozoena, foetid bronchitis, chronic bronchitis and pulmonary cavities was eucalyptol in benzoin. He did not mention proportions or just how he used it.

There is a book, "Treatment, Prevention and Cure of Tuberculosis and Lupus with Allyl Sulphide," by Dr. W. C. Murchin. Price \$1.50, published by Bailliere Findall and Cox, 8 Henrietta Street, Covent Garden, London, England. I have never seen the book, but feel sure it is a very important work. I am told that Dr. Murchin uses allyl sulphide by inhalation as well as other ways, and this is why I mention the work.

In the British Medical Journal, Oct. 12, 1912, Dr. C. Muther has a very valuable article, "Some Points in the Treatment of Pulmonary Tuberculosis, Including Continuous Antiseptic Inhalation." This article should be read by all who are interested in inhalation treatment. Dr. Muther is the head of a large sanitarium for tuberculosis in England. He is also author of some book on this topic, which is published by the same publishers that publish Murchin's book. Dr. Muther mentions this book in this article, but does not give the title. A copy of the British Medical Journal can be obtained from New York Medical Book Co. for 25 cents.

Oppenheimer Son & Co., Ltd., 179 Queen Victoria St., London, England, manufactures a vaporizer and several preparations for inhalations. They issue a pamphlet for the medical profession only on "Inhalation Treatment of Pulmonary Affections."

I hope the sanitarium for pulmonary tuberculosis will devote more attention to inhalations in future than they have in the past.

On page 697, Journal A. M. A., March 1, 1913, I see that Dr. H. M. Thomas of Chicago has invented an apparatus which safely combines steam, sterilized compressed air and definite drug medication for the treatment of respiratory passages by inhalation. On page 603, Journal A. M. A., Feb. 22, 1913, I see the following:

"The Jewish Hospital for Consumptives, Denver, Colo., has been donated a large sum by Mrs. Joseph B. Greenhut, New York City, with which to equip an addition to the hospital for inhalation treatment of tuberculosis." Reports from this institution will no doubt be very interesting.

The Terre Haute Inhalatorium Cabinet Co. of Terre Haute, Ind., makes a large, costly apparatus called "Inhalatorium," which is used to give inhalations.

Dr. Joseph Muir, 47 W. Forty-second Street, New York City, invented a costly apparatus called "Inhalatorium" which

is designed to give inhalation treatment in diseases of the nose, throat, ear and bronchial tubes.

There are various ozone apparatuses; some claim good results and others claim they are a fake and produce no ozone at all, and the effect produced is only psychic. I have given the names and addresses of several, for the benefit of those that are interested in this subject. They can write direct for literature, etc., as they may desire.

TEN MODERN COMMANDMENTS.

In the current issue of Farm and Fireside appears the following:

"I will study the language of gentleness and refuse to use words that bite and tones that crush.

"I will practice patience at home lest my testy temper break through unexpectedly and disgrace me.

"I will remember that my neighbors have troubles enough to carry without loading mine on them.

"I will excuse others' faults and failures as often and fully as I expect others to be lenient with mine.

"I will cure criticism with commendation, close up against gossip and build healthy loves by service.

"I will be a friend under trying tests and wear everywhere a good-will face unchilled by aloofness.

"I will gloat over gains never, but amass only to enrich others and so gain a wealthy heart.

"I will love boys and girls, so that old age will not find me stiff and soured.

"I will gladden my nature by smiling out loud on every fair occasion and by outlooking optimistically.

"I will pray frequently, think good things, believe men and do a full day's work without fear or favor."

GAVE HIMSELF AWAY.

(London Opinion:) "Tell me, dear, is it because you think me very pretty that you look at me all the time?"

"Oh, no, it isn't that; but papa says you are a two-faced woman, and so I am searching for the other one."

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Contributions, Exchanges, Books for Review and all other communications should be addressed to THE CALIFORNIA ECLECTIC MEDICAL JOURNAL, 818 Security Building, Los Angeles, California. Original Articles of interest to the profession are solicited. All rejected manuscripts will be returned to writers. No anonymous letters or discourteous communications will be printed. The editor is not responsible for the views of contributors.

"NO MAN CAN SERVE TWO MASTERS"

Similar phraseology of like meaning is found in every great religion and most philosophies. As usually applied, it is intended to point out that a man's influence is either for good or for evil, and a moral follows as the logical addendum.

However, it applies equally well to a man's work in any walk of life and any phase of voluntary action. In law, an attorney must represent one side only; in business, a man must be employed by one firm only, or act the part of a spy; in politics, he must be an adherent of one party only or remain a nonentity. Finally, and not without point, a man may have but one wife!

But, we are interested at this moment only in the phase of the subject as it applies to Eclectics being members of the A. M. A. Quite aside from the rightness or wrongness of the act, we, personally, have never been able to see how a man could hope to gain thereby. And, after watching the erratic course of some who have tried it, we have become convinced that it is "bad business." Far be it from us to unduly restrain an Eclectic colleague from joining the A. M. A., and thus ally himself with it and its unholy policies, if he wants to do so; but we do think that before putting on the new uniform

he ought to have the grace to discard the old. Certainly this would be the part of a man! Also permit us to commend it to those who feel thus inclined, for, as the fight warms up, there will be a close scrutiny of the souls of those who are in our camp. Abide with us, if you are with us, but, if you are against us, avant.

"No man can serve two masters!"

MR. DOOLEY ON THE SCIENTIFIC DOCTOR

(Beggin' th' Pardin iv Mr. F. P. Doon.)

By F. Julian Carroll, M. D., Summerville, S. C.

"Science is makin' vast sthrides these days," observed Mr. Hennessy reflectively.

"Thru f' ye," commented Dooley, placing a foaming mug of beer on the counter and carefully wiping up the overflow.

"Oi'm thinkin' iv givin' oop Docthur Killy an' implyin' wan iv th' new scientific physiciuns wid hospittle exparience," continued Hennessy, thoughtfully sipping the amber beverage.

"A most toimly suggistion, as Hogin wud say. Ye'd be afther makin' a foine subjic for pathylogicil invistigatins," commented Dooley gravely.

"An' what's thot?" asked Hennessy in alarm.

"Will, thin, 'tis this-a-way: Supposin' ye shid happin' t' be a little off an y' feed, an' not falin' y' usul appethite ye shud imbibe a loit supper iv a pound iv chase an' crackers, a pot iv cabbage an' cor rn bafe, a dozen bottuls iv bee-r, an' a quar-rt iv butther mailk; an, bein' none uv th' bist t' sthart wid, as I hov mintioned, y' ar-re sized wid a sthrong an' will dayviloped pain in th' ragon iv th' har-rt—or in that vacinity. Bein' toired iv th' un-scientific ways iv Doc Killy, y' sind in a foire allarum an' have the ambilance frim th' Cook Counthy Hospittle come an' take ye t' thot justhly cillibrathed instrutshun; an' wantin' an up-ter-date an' thouroughly scientific docthur, y' call f'r Doc Spirilla Staffy Licocky.

"Ye lay there in a noice clane antiseptic hospittle cot, falin' loik y' had swallowid sivinty noine har-rd shelled crabs, an' th' was a tryin' t' claw th' ways out through th' linings iv ye. Ye ar-r, all th' toime badly damagin' y' sthor-re-tath in 'y manly ifforths t' kape from howlin' wid pane; but ye ar-re havin' scientific tratemint, so what's th' odds? Afther about an hour-er an' a half, along cooms a nice, clane, stirilized nurse. Sh' takes a lile glass tube out iv a glass full iv car-rbolic solution, an' sticks it in y' mouth; an' while y' are tryin' t' brathe through y' nose (th' same bein' rindered impossible be raysin iv th' lick ye raycaved an that mumber at th' last picnic

iv th' Loyil Sons) she counts y' poolse an' respirrathin; thin sh' takes th' glass out, looks at it, an' writes somethin' about ye an th' rechord.

"Whin will Doc Licocky be along?" ye ask fably, th' nurses' attintions havin' failed t' raylave th' pain.

"Not 'till termorrer mor-rnin," she answers swately, "but Doc Antiseptikus, th' House Physician, will bay along prisintly," she adds be way iv consilation.

"Be this toime, ye ar-re bayginnin' t' think that ye'd swal-lid a ton iv schrap iron wid tin pinny nales an th' soide, instid iv th' gintle little male, that Oi hav' mintioned; but ye tur-rn over an' wait as will as ye kin f' Doc Antiseptikus.

"Finully a young felly what looks loik he is too much iv a kid t' be away frim home an' mither, all diked out in a span new sooth iv white chlothes, which is a cross baytwane pajammer-rs an' a barber's unifor-rm, comes along an' star-rts t' take ye histhry, as th' calls it. Ye ar-re thinkin' that y' have made a misthake an' landed at th' polish sta-ation instid iv th' hospittle, but y' give th' daysired infimattin as near as possible without tellin' th' thruth, an' be th' toime ye have exposed all y' youthful indiscrehuns an' fambly failins, an' he has raycorded th' same an th' paper what th' calls th' char-rt, ye ar-re about raydy t' sind f'r th' praste. Thin he takes an insthrimint wuth a sort iv telyphone attachment frim wan iv his pockits, an' starrrts t' listhen all over y' body. Ye think that he is listhenin' aroun' to hear anything t' ye detrimint which y' failed t' mintiod a while back; but ye ant sur-re about this an' ye hold ye breth as much as possibul. Thin he takes another insthrimint out'n another pockit, wid a dial an it (th' dial is an th' insthrimint an' not an th' pockit, d'ye moind) an' he tois this 'round ye ar-rm, an' blows at wan ind iv it wuth a kind iv rubber ball. Ye think he is thryin' t' blow ye full iv gass—but he isn't Hinnissy, th' ant room f' no more in y' compisition—he's just bein' scientific an' takin' y' blood prissure. "Two hunnud an' fifthy," he mutthers, and ye bay-come alar-rmed—ye think he is alludin' t' ye timperature—but he isn't Hinnissy—an' I dunno what he is doin'. Thin he takes a little flat piece iv glass out iv another pocket—he's full iv pockits, d'ye moind—an' he takes a knife out iv another, thin he sloices ye an th' ear-r. 'An' what ar-re ye bladin' me fer?' y' may fale incloined t' ask.

"Oi wants t' git th' count iv th' lookisites an' the rid blood cor-rpuschuls," he says carelessly, just loike thim was or-rdinnary craytures.

"Hove Oi got thim things inside iv me?" ye ask in thrim-blin' tones, falin' all over ye body f'r symptims iv th' pris-ince.

"T' bay sur-re ye have," he says, "It's fissylogical to have thim," he says.

"Ar-re th' dangrous?" ye ask.

"Not naycessarily," he says, "but," he says, "it's important t' git th' opsonic indexes," he says, "An' t' see," he says, "whether phaygisiotosis is established. Baysides," he says, "Oi must make the Weedall tist, an' look f'r th' filar-ria sanguinar-ry hominy, an' th' plasmojum Malari Anna."

"Quite thrue," ye obsar-rve, "an' Oi'm glad you thought iv it, Doc. I didn't think, and Doc Killy never tole me, that I had all thim animils in me inside; but Doc," ye exclaim, "cud ye give me a tayspoonful iv parygorrick or a cup iv ghinger, or a drap iv brandhy t' raylave me pain while ye ar-re looking f'r thim bastes in me blood?"

"Be no manes," he says, "that wud disgoise th' simtims," he says; "but I'll bay aroouud in a coople av hour-rs again an' we will take ye into the X-Ray room an' take," he says, "a radyograff," he says, "iv y'r stomick," he says.

Whin he comes back, th' puts ye up an a stretcher an' wheels y' into a little room an' turns out'n all th' loights. Thin th' sloides ye up a large insthrint an' wan iv th' docthors presses a buttin an' the insthrint baygins t' spit an' sphutther an' flash lightenin. Ye baygin t' say all the prayers that y' kin riccoliet; thin th' doctor baygins t' look ye over wid what he calls a Flora scoop. "Oi'll make a negitive iv his stomick," he says. "Me stomick seems to bay negitive enuff as it is," ye answer, but th' take no notus iv ye, an' prisintly th' takes you back t' bid, and laves ye f'r th' night."

Be th' mornin', owin' t' th' operashun iv what Doc Killy calls th' "vis medica-tricks naturee," you ar-re falin' a lot better, an' when Doc Antiseptikus cooms along an' ordhers so manny sontygrams iv mate, so manny lithers iv milk an' so manny sontyghrades iv bread, ye fale quite cheer-ful.

"I giss this male is aboot what I naded, Doc," ye say. "That lightnin' tratemint done th' wor-rk, and I reckon," ye say, "that it aboot killed all thim animils in me systim. Afther brakefust," ye say, "Oi giss Oi'll be takin' me lave—an' thank ye very much," ye say.

"Why, me man," says Doc Antiseptikus, "ye haven't aven seen Doc Licocky yit," an' he says, "we haven't diagnosed ye case yit. Th' male that I ordhered," he says, "is what we call a tist male. In two hours, we poomp it out wid a stoomack poomp, an' subjec' it," he says, "T' a chimikil examinashun," he says, "T' detarmin," he says, "what chimikils illimints ar-re missing frim y' gasthric juices," he says.

Thin ye probibly wud rach f'r y' clothes—an anny handy insthrint iv battle, such as a watter pitcher or a bid slath

an' make f'r th' doorr. Iv th' poomp you out, wanst ye had that male in ye—and it settin' well—Oi bet th' wud have t' bate th' wor-rlds record to Ar-rchey Road," concluded Dooley.

"An' yit," mused Hennessy aloud, "Iv ye had lit thim worrk an me long enuff, Oi bit th' wud iv found out what ailed me. Th' sure was invistigatin!"

"Dootless, dootless," assented Dooley amiably. "The post mortim wud a beein most inthrstin t' th' docthors, and most gratifyin' an' satisfyin' t' y'r friends an' fambly; but Oi can't figger where ye wud have had anny fun comin' t' you in th' pirformince."—The Charlotte Medical Journal.

SOCIETY CALENDAR.

National Eclectic Medical Association meets in Indianapolis, Ind., June, 1914, Dr. W. S. Glenn, State College, Pennsylvania, President; W. P. Best, M. D., Indianapolis, Ind., Secretary.

Eclectic Medical Society of the State of California meets in San Francisco, May, 1914, Judson Liftchild, Ukiah, Cal., President; H. F. Scudder, M. D., Los Angeles, Secretary.

Southern California Eclectic Medical Association meets in Los Angeles, May, 1914, Clinton Roath, M. D., Los Angeles, President; H. C. Smith, M. D., Los Angeles, Secretary.

Los Angeles County Eclectic Medical Society meets at 8 p. m. on the first Tuesday of each month. H. C. Smith, M. D., Los Angeles, Cal., President; P. M. Welbourn, M. D., 818 Security Bldg., Los Angeles, Secretary.

LOS ANGELES COUNTY ECLECTIC MEDICAL SOCIETY

The regular meeting of the Los Angeles Eclectic Medical Society was held October 7th at 8:00 at the College.

There was a large attendance and close attention was paid to the address on Rectal Diseases given by Dr. A. J. Atkins of San Francisco. Dr. Atkins has made a great success of his methods in treating these diseases and his audience was greatly interested in hearing him tell of his work.

There being no business the society adjourned until November 4th.

H. C. SMITH,
President.

P. M. WELLBOURN,
Secretary.

COLLEGE NOTES

Herbert T. Cox, M. D.

A new Outclinic has been established by the college at 1947 Sacramento street, near Mateo. A six-room house was leased and the different rooms properly remodeled and fitted

up for clinical purposes, so that a large clinic may be handled. A complete stock of drugs has been installed and much new equipment purchased also. The clinic is situated in a district where material is very plentiful and a good patronage should be built up, from which special cases may be selected for demonstration before the classes at the college by the professors of the special branches. It also serves as a good base from which to look after out patients and to have some one that may be called when needed. Dr. W. S. Gibson has been appointed to this department, with Dr. H. J. C. Sprehn as his assistant.

Dr. G. W. Tinsley, who has had experience in clinical work at St. Louis, Mo., has taken charge of the general clinics at the college, each day from 2-4 p. m.

Dr. Hutchinson, who has been professor of Obstetrics for four years, resigned from his chair, and Prof. Roath was appointed to fill this vacancy, which is a very fortunate appointment for the students, as Prof. Roath has much clinical material at his command. The chair of Minor Surgery which Prof. Roath has faithfully held for three years is now filled by the appointment of Dr. Chas. H. Peppers, who comes with high recommendations.

The Senior class has taken the first step toward class organization by electing the following officers:

President, J. M. Cleaver; vice-president, C. L. Stammers; secretary and treasurer, Edna Sherill; sergeant-at-arms, J. R. Buckingham. It is now up to the rest of the classes to move along.

Dr. A. J. Atkins of San Francisco, a graduate of the C. E. M. C. at the same place, was with us several days. He gave several interesting lectures to the Juniors and Seniors, and also held several clinics in his specialty, which is "Orificial Surgery." We are always glad to see the Alumni come around and see the college, and not only see it, but to take the interest which Dr. Atkins showed in giving the boys the benefit of his experience.

Dr. Goff has gone to Loma Linda to take a post-graduate course in hydrotherapy.

NEWS ITEMS

Dr. R. Munda Sinclair has returned from her usual summer vacation spent in the mountains and is now at her permanent address, 3018 Webster street, San Francisco, Cal.

Dr. H. V. Brown, Los Angeles, spent some time on the desert near Yuma during October. Dr. Brown is the Eclectic

member on the new Board of Medical Examiners recently appointed by Governor Johnson.

Dr. and Mrs. A. J. Atkins of San Francisco were in Los Angeles for a week last month, during which time Dr. Atkins lectured at the college each day to the students, as well as speaking before the Los Angeles County Eclectic Medical Society at the regular meeting on October 7th.

Dr. H. T. Webster, Oakland, is making an extended visit to relatives and friends in Ohio.

Dr. L. E. Russell of Springfield, Ohio, who holds the chair of surgery in the Cincinnati Eclectic Medical College, made a short visit to Southern California during October. Dr. Russell shows symptoms of contracting the California fever and his many friends here hope he will succumb.

Dr. H. T. Cox, C. E. M. C., 1913, has opened an office for the practice of his profession at 5600 York boulevard, city.

Dr. J. T. Farrar has opened offices at 2192 Shattuck avenue, corner Allston way, Berkeley. His residence is the same as formerly, 1922 Virginia street.

Dr. Hanna Scott Turner, Pomona, was in Los Angeles recently. We have seen very little of Dr. Turner during the past year because of the protracted illness of her husband.

The Westlake Hospital new building is nearing completion and will be ready for occupancy by Thanksgiving time. The new building is strictly fire-proof and all accommodations will be the most sanitary and luxurious of any hospital in the city. The old frame building will be kept for certain classes of patients. The hospital is located at the corner of Orange and Alvarado streets and overlooks beautiful Westlake Park, with the mountains in the background.

Dr. W. S. Gibson took a two weeks' vacation during October, visiting in Santa Cruz and Ventura Counties. The vacation might have been more enjoyable if the Doctor had not been suffering with a broken right arm, as a result of the back-firing of his automobile engine.

Dr. and Mrs. L. H. Freedman, Crowell, Texas, have left that city and are visiting in Southern California. The doctor has been here before and will probably locate in Los Angeles or one of the nearby suburbs.

For Sale—A two-story, twenty-room Sanitorium, electric lighted, fully equipped in every particular. Located in a thriving agricultural district in Northern California, and the only hospital in the county. The owner desires to sell because of intending to move to a university town for his children.

Locations—In Northern California, for two or three physicians, especially for those with surgical experience. One town without a doctor, another where the only doctor is leaving. Either of these places would mean from \$2000 to \$2500 per year cash, and located in a thriving agricultural valley.

WANTED—An assistant-ship by an eastern physician while studying for the state examinations. Although the doctor had made a specialty of genito-urinary diseases, he will be pleased to help with a general practice.

REMARKABLE FISH CAUGHT BY UKIAH DOCTOR ON DRY LAND

(Ukiah Republican-Press.)

A remarkable discovery was made last Saturday afternoon in Reeves canyon, when three well-known physicians visited that region in search of sport. On account of dry weather and forest fires the stream was found to be dry until near the Dr. Dickinson camp a few pools of almost stagnant water remained. It was in or between two of these pools that the discovery was made. The party consisted of our well-known fellow townsman, Dr. J. Liftchild, Dr. A. J. Atkins of San Francisco and Dr. A. W. Connor of San Jose. The party was moving along the canyon in search of a good camping place, and discovering the pools of water, Dr. Connor insisted on getting out of the automobile and trying his luck. The doctor moved on a few paces ahead, but his calls soon brought the other two physicians to his side to witness perhaps the most wonderful scientific discovery ever made in physiology on the American continent, for there before their very eyes was a fish walking on the dry land from one pool to another.

The physicians were so astonished they could scarcely believe their eyes, but Dr. Liftchild being more thoughtful and braver than the rest, finally summoned sufficient courage to tackle the monster with a stick, capturing it before it succeeded in getting into the second pool. The fish or animal, or whatever it might properly be named looked like a cross between a steelhead trout and an ordinary sucker except that it had two long pedunculated fins attached to its under and posterior extremity and it was by working these primitive legs or fins that the fish or animal was able to propel itself along over the stony bed of the creek until it was discovered and captured.

The doctors having sufficient supply of alcohol, were not slow to see their opportunity and preserved their catch in a bottle. The specimen can be seen for a brief period at the offices of the Republican-Press by consulting the editor person-

ally, after which it will be sent to the Smithsonian Institution at Washington.—San Francisco Chronicle.

OPERATIVE SURGERY—BINNIE.

**Sixth and Last Edition. P. Blakiston's Son & Co.,
1012 Walnut Street, Philadelphia.**

This work is a developed and enlarged edition of Binnie's Manual of Operative Surgery, which made its appearance some ten years ago and met with a very cordial welcome by the profession.

The author presupposes that the reader has a good working knowledge of surgical diagnosis and technic, and, therefore, devotes the space at his disposal to a description of operations, giving particular attention to those infrequently met with. The author has a clear and concise style. The illustrations are many and good, and the typographical work is excellent.

To read this book is a good deal like taking a post graduate course.

SAFE ANTISEPTICS IN GONORRHEA.

Tincture of iodine irrigations in solution of from one to four drachms to a quart of hot water is said to be one of the safest and best antiseptics that can be used in gonorrhea. The strength of the solution and number of irrigations a day depends upon the stage of the disease. To keep the urine bland and non-irritating sanmetto should be administered in teaspoonful doses three or four times daily throughout the treatment. In cases of extreme acidity of the urine, one of the potassium salts will be found helpful.

Be a Booster

Take this application blank to any friend who is not a member and tell him about the advantages of your **State Society** and its annual meetings. Tell him about the advantages of belonging to the **National**, and that he ought to help in its work or organization, and that the **National Quarterly**, of over 400 pages, is alone worth the small amount of annual dues, \$2.00. Show him what he is missing by not being with us, and get him to sign this application blank, and you mail it to your State Society Secretary, and get credit for securing a new member.

BE A BOOSTER. There are 6800 Eclectic physicians in the United States, and scarcely 1500 belong to the National, and possibly 2300 to the various State Societies. You can help us secure affiliation by some new member. **DO IT NOW.**

Application for Membership

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I hereby apply for membership in the.....State Society and in the National Eclectic Medical Association, and agree to support the Constitution and By-Laws of each. This will include my subscription to the National Quarterly.

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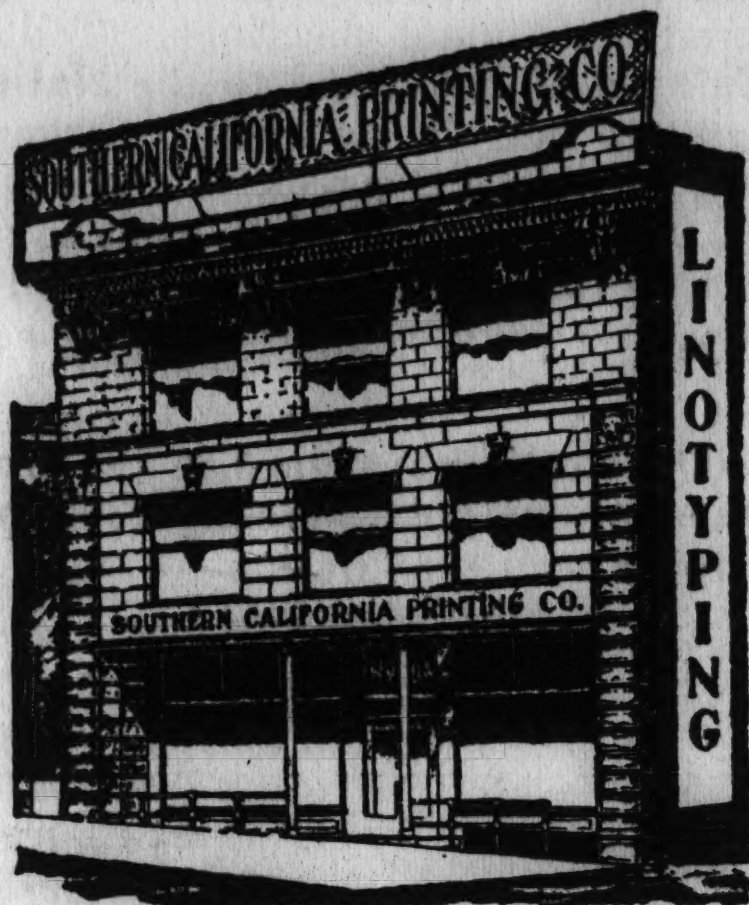
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CLUB RATES

The various Eclectic publishers have decided to renew their special club offers to April 1, 1913, on a straight 10 per cent reduction, where two or more journals are ordered at one time. If you are not familiar with any of these journals, samples may be obtained on request.

	Price	Club Rate
American Med. Journal, 5255 Page Ave., St. Louis, Mo.	\$1.00	\$0.90
Calif. Eclectic Med. Journal, 818 Security Bldg., Los Angeles.	1.00	.90
Eclectic Medical Journal, 630 W. 6th St., Cincinnati, Ohio.	2.00	1.80
Eclectic Medical Review, 242 W. 73rd St., New York, N. Y.	1.00	.90
Ellingwood's Therapeutist, 32 N. State St., Chicago, Ills.	1.00	.90
National E. M. A. Quarterly, 430 W. 6th St., Cincinnati, O.	1.00	.90
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